

Maryland SHIP "Health Action" Newsletter

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Governor Martin O'Malley
Lt. Governor Anthony G. Brown
DHMH Secretary Josh Sharfstein

June 28, 2013

June 27 was National HIV Testing Day

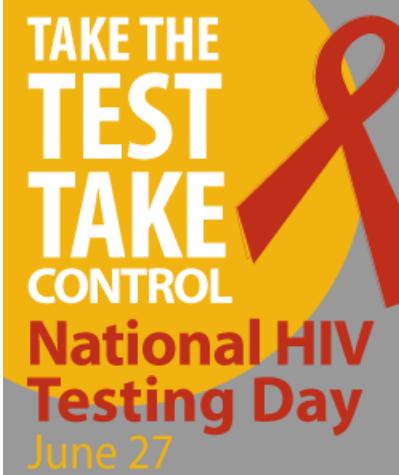
On June 27, the Maryland Department of Health and Mental Hygiene (DHMH) joined the Centers for Disease Control and Prevention (CDC), the Kaiser Family Foundation and state and local partners to observe National HIV Testing Day. This year's theme was "Take the Test, Take Control."

According to the CDC, 1.1 million Americans are living with HIV, the virus that causes

AIDS. As of December 31, 2011, 28,197 Marylanders were diagnosed and reported to be living with HIV/AIDS. African Americans, men who have sex with men, and injection drug users continue to be the groups most affected by HIV and AIDS in Maryland. "HIV testing allows people to know their HIV status and receive treatment sooner," said Dr. Joshua M Sharfstein, Secretary of DHMH. "We encourage all Marylanders to get tested for HIV and empower themselves to take control."

"Approximately 6,250 Marylanders who have HIV are undiagnosed and do not know they have HIV," said Michelle Spencer, director of the Prevention and Health Promotion Administration at DHMH. "Marylanders are encouraged to take advantage of free HIV testing opportunities. Early treatment is essential for people who are HIV positive."

To find an HIV testing location near you, contact your local health department or click [here](#). Free HIV testing will be offered on Friday June 28, 2013, from 3 p.m. to 7 p.m. and on Saturday June 29, 2013, from 9 a.m. to 2 p.m. at two Walgreens locations in Maryland: 4020 Eastern Avenue, Baltimore, Maryland 21224, and 9001 Woody Terrace, Clinton, Maryland 20735. To learn more about Greater Than AIDS and Walgreens testing sites click [here](#).



View the **[SHIP measure](#)** and **[tools](#)** to reduce new HIV infections among adults and adolescents.

Baltimore County Launches "Nature Quest" to Get Residents Fit



This summer and fall, residents can enjoy exercising their body and mind by participating in Nature Quest, which will provide a great opportunity to experience the outdoors and be active with friends and family while discovering some of the best parks and trails in Baltimore County. From June through November, residents are encouraged to bike, hike, or canoe on designated trails to complete the Nature Quest and earn fun prizes.

Nature Quest booklets and instructions are available at local Wegmans store locations or at participating parks. Participants select trails to begin their physical activity adventure and record progress by making a rubbing on the trail marker located on each of the nine trails in the booklet. The Baltimore County Local Health Improvement Coalition, in collaboration with its partners, Baltimore County Libraries, Department of Aging Senior Centers, and Department of Recreation and Parks, hope to make the Nature Quest Fest an annual event to encourage family physical activity to improve the overall health of residents.

Click [here](#) to view the program flyer.

View the **[SHIP measure](#)** and **[tools](#)** to increase the percent of adults who are at a healthy weight.

View the **[SHIP measure](#)** and **[tools](#)** to reduce the percent of children who are considered obese.

Hospital Patient Safety Report Provides Data, Analysis, and Recommendations



All organizations need to help one another communicate effectively with diverse populations that have varying cultural needs, levels of health literacy, and/or English proficiency. To address this issue, the **CMS Health Disparities Pulse Resource Center** developed an educational resource guide about cultural and linguistic competency. This learning toolbox is part of the six-part training series on health disparities presented by the Disparities National Coordinating Center in an effort to provide resources and background information for quality improvement organizations who are beginning to address issues of health equity in local communities. It provides useful links to available articles, tools, and resources that are organized by three categories: cultural competency, linguistic competency, and workplace diversity.

Click [here](#) to view the cultural competency toolbox.

Click [here](#) to view the SHIP toolbox.

CDC Releases State Indicator Report on Fruits and Vegetables

A new report from the CDC, called the State Indicator Report on Fruits and Vegetables, provides national and state-level data on fruits and vegetables consumption among adults and adolescents as well as environmental and policy indicators of support for consumption. The report highlights steps that states and communities are taking to improve access to fruits and vegetables. The report, which can be used to inform public health leadership, shows that fruit and vegetable consumption is higher in some states than others, but overall consumption of fruits and vegetables in the United States is low. In Maryland, 36.4% of adults and 38.7% of adolescents report consuming fruits less than one time daily while 22.8% of adults and 38.9% of adolescents report consuming vegetables less than one time daily.



Click [here](#) to read the State Indicator Report on Fruits and Vegetables.

View the ***SHIP measure*** and ***tools*** to increase access to healthy foods.

Save the Date! for Upcoming Statewide Business Services Networking Summit

Thursday, July 11 from 9:00 a.m. to 3:00 p.m.



Event: Statewide Networking Opportunity for business representatives from the public and private sectors.

Speakers: the Honorable Anthony G. Brown, Lieutenant Governor of Maryland, and Dean Donald F. Kettl of the School of Public Policy, the University of Maryland, a widely sought after expert on reshaping government, who most recently authored the "Next Government of the United States."

Location: The Marriott Inn & Conference Center, University of Maryland University College, 3501 University Blvd, East Hyattsville, Maryland 20783

Purpose: There are hundreds of dedicated Marylanders who represent different interests but share the common, vital purpose of serving the needs of Maryland's industries and businesses. Sharing best practices, making new contacts and learning about common problems will serve to increase overall effectiveness. Maryland's regional, innovative and industry-led grant program, Employment Advancement Right Now (EARN) will also be highlighted.

Click [**here**](#) to register.